

NUTRITION EDUCATION RESOURCES – KINDERGARTEN-GRADE 6

The Montana Team Nutrition Program has nutrition education resources designed for students in grades Preschool-12. Education resources include: curriculum guides, videotapes, computer software, nutrition games and many more helpful resources to allow you to cover nutrition topics with your students. There is also an adult category to answer any questions you may have about healthy eating habits.

Attached is the **Kindergarten-Grade 6** resource list. Please contact the Team Nutrition Program at Montana State University if you are interested in borrowing a resource. You may borrow a resource for up to three weeks at no charge other than return postage. We can be reached by phone: 994-5641, fax: 994-7300 or email: uhdkb@montana.edu Our mailing address is: Team Nutrition Program, Montana State University, PO Box 173360, 202 Romney Gym, Bozeman, MT 59717-3360.

Contact Katie Bark of the Team Nutrition Program at 994-5641 if you would like a recommendation of the best resources for a specific topic.

KINDERGARTEN - GRADE 6

4-H YOUTH COOKING SCHOOL MANUAL

Joy Richey, Martha Winter, 1994
3-8 Instructor's guide

Manual that guides an instructor through a 4-H youth cooking school; lesson plans, activity sheets, handouts, pre/post tests all included.

5 A DAY IDEA KIT

Liz Friedrich, MPH, RD, LDN, North Carolina DHHS
K-5 Curriculum guide

The kit targets the elementary school community in an effort to increase consumption of fruits and vegetables.

ADVENTURES OF PATTY MELT

Pennsylvania Beef Council, 2000
K-6 Curriculum & Video

This Teacher's Classroom Activity Kit has been developed to help teachers provide fun, interesting and educational activities as part of their curriculum on the importance of food safety in keeping healthy. The four lessons modules are based on each of the 4-C's of Food Safety – Cool It! Clean It! Cook It! And Don't Cross It.

ALL ABOUT APPLES - ACTIVITIES & RESOURCES

New York & New England Apple Institute, 1992
K-3 Poster/activities

Learning activities and general information about apples.

AM I FAT?

Joanne Ikeda, Priscilla Nowaorski, 1992
Preschool-3 Book

Book to guide parents, teachers, child care providers with teaching young children about body size and body image.

APPLES, BUTTERFLIES, & PIGS

Paula Corbett, 1991
Primary Book

Theme studies and ideas for classroom which may be photocopied.

BODY TREK: LEARNING ACTIVITIES ON HEALTH AND NUTRITION FOR UPPER ELEMENTARY AND MIDDLE SCHOOL STUDENTS

Dairy Council of Utah/Nevada, 1998
K-6 Curriculum guide

Curriculum guide for teaching students in Grades 5-6 about the human body, disease, risk reduction and healthy behaviors. Lessons are developed as reading English and Science activities.

BOOK COOKS

Marlene Beierle, Teri Lynes, 1992
Grades 4-6 Teacher guide

A literature-based classroom cooking activities resource, 35 easy recipes that motivate young readers and involve students in enjoyable hands-on cooking experiences.

BOY MEETS BREAKFAST

Florida Dept. of Citrus, 1998
K-6 Video

A short video and audio announcement promoting the importance of a healthy breakfast.

BREAKFAST IN A BOX

Alice Bautz and Janet Mand, 1996
K-2 Curriculum guide/video

Curriculum guide which provides educators and parents information on promoting breakfast to children.

BREAKFAST QUEST

Blanche Harrison, Alta Engstrom, 1993
3-5 Curriculum guide

A Guide used to promote a healthy breakfast.

BUCKETS OF NUTRITION

Marni Stevens, 1996
PreK-3 Book/teaching guide

Each unit is a collection of games, songs, art projects, and stories relating to each topic. In addition, each unit contains educational update handouts for teachers and parents designed to be photocopied and shared with parents as their children are learning the corresponding material in school or child care.

COOK AND LEARN: PICTORIAL SINGLE PORTION RECIPES

Veitch And Harms, 1981
K-4 Cookbook

Single portion recipes presented through pictures which make use of a variety of foods from many cultures. Includes information about learning through food activities.

COOKING WITH KIDS

Oregon Dairy Council, 1997
PreK-6 Teacher guide/recipes/activities

Use to teach children basic culinary skills, allow them to try a variety of healthy foods and begin forming positive food attitudes that last into adulthood. Suitable for classroom, daycare, or at-home use.

COOKING WIZARDRY FOR KIDS

Margaret Kenda & Phyllis S. Williams; Barrons's, 1990
K-5 Cookbook

200 recipes, experiments concoctions, magic potions and projects –most of them edible and all of them great fun! This book also includes a glossary of techniques and will help teach “why” as well as “what” to do in the kitchen.

CRAZY FOR VEGGIES: 3 A DAY OR MORE

24 Carrot Press, 1999

3-6 Grades

Teacher’s Guide

The goal of this program is to motivate children to try a wider variety of vegetables and to eat more vegetables.

DELICIOUS DECISIONS: FOOD CHOICES TO GROW ON

Dairy Council Of Wisconsin, 1992

K-6

Teacher's guide/masters

Curriculum guide with food picture cards using the Food Guide Pyramid to teach nutrition through an integrated approach.

DIGGING FOR DATA

National Livestock And Meat Board, 1990

6th Grade

Video/handouts

Demonstrates importance of process of scientific inquiry and effects of genetics and diet on health.

EAGAHBED (EAT A GOOD AND HEALTHY BREAKFAST EVERY DAY) FROM WEINERVILLE

National Dairy Council, 1994

K-6

Video/Teacher guide

Entertaining story about why you should eat a good and healthy breakfast every day.

EVERY DAY, LOTS OF WAYS

Claudia Probart, Kimberlyn Ebel, 1996

K-6

Curriculum

An interdisciplinary nutrition curriculum emphasizing the Food Guide Pyramid.

FEEDING FOR THE FUTURE

Florida NET Program, 1995

K-6

Video/Teacher guide

Addresses children with special feeding needs.

FIGHT BAC EDUCATION PROGRAM

USDA

K-3

Presenter’s guide

A trainer’s guide to teach young children about the importance of safe food practices.

FIGHT BAC FOOD SAFETY EDUCATION PROGRAM

The Partnership For Food Safety Education, 1999

4-6

Teacher’s Activity & Experiment Guide

This teacher’s activity and experiment guide will assist educators with making food safety issues come alive with elementary students.

FIT FOR A KING

National Cattlemen’s Assoc., 1997

3-5

Curriculum/Video/Guide

This video kit helps grade 3-5 students understand the role of nutrition and regular physical activity in a healthy body lifestyle.

FIVE A DAY ADVENTURE

Dole Food Co., 1995

K-6

CD rom/Handouts

Teaches children about importance of eating five fruits and vegetables a day.

FIVE-A-DAY GAMES

K-6

Games

Melon Seed Bingo and Five-A-Day memory game to use in teaching children about eating 5 fruits and vegetables a day.

FIVE A DAY FOR BETTER HEALTH CURRICULUM

University of Wyoming Extension Service, 1996

K-6

Curriculum

Short lessons with camera ready masters and activity sheets that can be used to promote five fruits and vegetables a day.

FOOD FOR THOUGHT

Natalie Hill, 1992

P-3

Curriculum Guide

Literature based thematic units for each month of the year featuring foods.

FOOD - THEMATIC UNIT

Teacher Created Materials, Inc., 1993

Primary

Book

Designed to show how nutrition can be integrated across the curriculum using literature selections, poetry, writing ideas, bulletin board ideas, and homework. Filled with ideas for primary level teacher for teaching, including nutrition.

FOOD TIME

Scholastic Inc., 1995

1-2

Classroom Kit (video/ curriculum guide/posters)

This kit promotes an activity-based program that encourages children to eat a variety of foods and construct a diet lower in fat. Includes ready to use lessons, parent and student handouts.

FOOD WORKS

Scholastic Inc., 1995

3-5

Classroom Kit (Teacher's Guide/video/worksheets)

This kit promotes an activity-based program that encourages children to eat a variety of foods and construct a diet lower in fat. Includes ready to use lessons, student and parent handouts.

FUN WITH FRUITS AND VEGETABLES

Patricia Lief, 1991

K-6

Book

Reinforce knowledge about common and new fruits and vegetables, foster good nutrition, promote wise food choices through hands-on activities.

GIMME 5 COLORADO

Laura Beauchamp, August 1994

4-6

Teacher Guide

Five-A-Day curriculum guide containing student activities, take home materials, and resources.

GO BANANAS FOR FRUIT!

Kindergarten-Grade 6

24 Carrot Press, 1999
3-6 Grades Teacher's Guide

The goal of this program is to motivate children to try a wider variety of fruits and choose whole fruit over juice more often.

HANDS DOWN ON GERMS

Portland Public Schools, 1997
K-6 Video

This short (8 min) video explains to elementary students about germs and reviews the importance of regular hand washing practices.

HANDS ON COOKING PROJECT FOR CHILDREN AND PARENTS

Bloomington Developmental Learning Center, 1993
K-3 Cookbook

Gives children opportunity to discover, test, experience, understand, define world of cooking in fun and exploratory ways. Promotes healthy eating habits, manners, and increasing families' nutritional awareness.

HEALTHLAND USA

Washington State Dairy Council, 1998
4-6 Game

A game that teaches health and fitness behaviors and the 50 states all at the same time.

HEALTHY BREAKFAST & HEALTHY KIDS

Lac Qui Parle County Extension Service, 1994
K-6 Folder

A guide to promote breakfast to young children through school and community promotions. Packet includes fun activities, budget, and assessment tools.

HEALTHY SNACKS

Susan Hodges, 1994
K-6 Book

Providing healthy nutrition at snacktime just became easier with these recipes!

HOW TO TEACH NUTRITION TO KIDS

Connie Liakes Evers, 1995
K-4 Book

Nutrition activities and strategies which integrates nutrition into classroom, cafeteria, and home environments.

HOW TO TEACH NUTRITION TO KIDS: ACTIVITY BOOK

Connie Liakes Evers, 1998
K-4 Activity guide

This activity guide is designed to be used in conjunction with the book How to Teach Nutrition to Kids, which includes background information about nutrition, tips on how to promote positive food messages and the importance of making nutrition fun.

HUNGRY BEARS

Angela Weber, 1991
K-3 Book

Cookbook designed to give teachers and children an interesting and creative approach to nutrition.

JANEY JUNKFOODS FRESH ADVENTURE

Kindergarten-Grade 6

Sunburst Communications, 1992
3-6 Video

Teaches children and families what they need to know about healthy eating--how to make a counter-attack on sugar and fat, read food labels, understand commercials, and make healthy food choices.

JUST FOR KIDS – Obesity Prevention Program

Division of Behavioral & Developmental Pediatrics and Department of Family & Community Medicine,
University of California, 2001
K-6 Workbook

A 10 week behavior modification program designed for working with young people. It targets skills needed to develop lifestyle habits to prevent obesity.

KIDS BREAKFAST PSA

National Dairy Council & ADA, 1997
K-6

30 second PSA stresses importance of eating breakfast and menu ideas for breakfast in the home.

KID'S FOOD CYBERCLUB

Connecticut Association for Human Services, 1997
K-6 Teacher's guide/Web site

The Kids Food CyberClub is a fun and educational World Wide Web site for 3rd to 5th grade children with activities which teach kids about food, nutrition, and health. This teacher's guide includes detailed lesson plans on use of the site and suggestions for classroom activities to supplement online activities.

KIDS GET COOKING

Carl Murphy, 1990
5-12 Video/pamphlet

A kid's video guide to food and cooking by learning recipes, experiments, crafts and more.

KIDS KITCHEN

Barbara Storper, 1992
PreK-4 Video/cookbook/activities

"To Be Fit--the Juggling Nutrition Magician" and her kitchen crew of school children show how to create easy-to-fix, nutritious, and delicious snacks.

MAKE MINE MILK

American Dairy Farmers, 1995
K-6 Video

Teaches elementary kids where milk comes from, how milk is transported and processed and how milk contributes to a nutritious diet.

MEET THE 5 FOOD GROUPS

Illinois Net Program, 1992
K-3 Curriculum guide

Innovative nutrition-related activities for young children to help recognize foods from the five food groups and learn to make healthy food selections.

MONTANA MODEL CURRICULUM FOR HEALTH ENHANCEMENT - I

M.S.U. - Health & Human Development, 1995
K-6 Curriculum guide

Designed to assist in teaching subject of health enhancement. Lessons will help teach importance of achieving and maintaining a healthy lifestyle.

Kindergarten-Grade 6

MOO 2 YOU

National Dairy Council, 1999
K-4 Video

Join Ms. Moo in a fun, learning experience for primary students to discover life on a dairy farm, where milk comes from, how cheese is made and Milk Group foods and how they keep bones and teeth healthy and strong.

MY TRIP TO THE SUPERMARKET

Dairy Council Of Wisconsin, 1992
1-2 Teacher's guide/workbooks

Take your class to the supermarket for a first-hand experience with foods and food packaging symbols. Focuses on the five food groups, recycling symbols, and packaging.

NOW WE'RE COOKING!

California Dairy Council, 1995
K-6 Video/trainer's guide

Teaches kids positive value of eating together and encourages sharing in responsibility of family meals.

NUTRITION

Joanne Kato, 1993
Grades 2-3 Book/activities

Classroom activities that encourage students to learn about nutrition through thematic teaching.

NUTRITION ACTIVITIES FOR AFTER SCHOOL

Georgia Dept. Of Education, 1993
K-5 Activities

Emphasis in ready, set, grow is on helping school-age children make wise decisions about nutritional health and developing healthy habits now that will carry over into their teenage and adult years.

NUTRITION ENHANCING CHILDREN'S HEALTH

Montana State University, 1992
K-6 Video

Good review of principles of nutrition education. Provides ideas for teaching children about nutrition.

NUTRITION FROM A CULINARY ASPECT

Nutrition Service - Portland Public Schools, 1993
K-6 Curriculum

Features guest chef, cooking ideas, and food explorations; also contains recipes, garnishing techniques, and menu ideas for teaching kids nutrition from a culinary aspect.

NUTRITION: INTEGRATED ACTIVITIES FOR WHOLE LANGUAGE AND THEMATIC TEACHING

Creative Teaching Press, 1993
2-3 Book

Provides everything needed to organize time and instructional materials. Watch students thrive in cooperative, creative learning environment emphasizing nutrition through thinking, speaking, reading, and writing in all subjects.

PASTA

Jean Wolff, 1988
Grades 2-3 Book

Incorporates oral and written language, reading, poetry, vocabulary, math, health, and art all using pasta.

POPCORN

Janet Hale, 1992

K-6

Activities

Thematic unit filled with a wide variety of lesson ideas, activities, and activity sheets featuring popcorn.

PREVENTION PUPPET PROGRAM

National Eating Disorders Association, 2001

K-6

Video & Guidebook

This video packet can assist educators in covering acceptance of individual body shaping, size and color, influence of media and the destructiveness of teasing.

PRETEND SOUP

Tricycle Press, 1994

K-4

Book

Cookbook includes simple recipes for child as well as adult recipes and instructions to guide young cooks.

PYRAMID BUILDERS

Kansas State Board Of Education, 1993

K-6

Curriculum

Nutrition curriculum includes teacher, school food service, latch key, and tasting party resources.

PYRAMID CHALLENGE

Iron Kids Bread, 1996

K-6

Activity guide

Program designed to help students learn an approach to health and fitness bringing together nutrition, physical fitness, and self-esteem.

PYRAMID EXPLORATIONS

National Dairy Council, 1998

4th Grade

Curriculum guide

This curriculum guide/kit provides 4th grade students with 6 activities to do to learn basic age appropriate nutrition concepts and simple meal planning.

PYRAMID PURSUIT

Mississippi Department Of Education, 1994

K-6

Curriculum

Curriculum based on variety, proportion, balance, fat, and choices. Includes teacher, school food service, latch key, and tasting party resources.

REACH FOR HEALTH

MDPHHS, OPI, The Summit, 1999

K-6

Curriculum Guide

This behaviorally-based-lifestyle/physical activity intervention program for elementary school children in Grade 2. The curriculum was developed to meet the current Montana Standards for Health Enhancement. The modules include: personal responsibility, physical activity, mind/body, nutrition and safety.

REACH FOR HEALTH

MDPHHS, OPI, The Summit, 1999

K-6

Curriculum Guide

This behaviorally-based-lifestyle/physical activity intervention program for elementary school children in Grade 5. The curriculum was developed to meet the current Montana Standards for Health Enhancement. The modules include: personal responsibility, physical activity, mind/body, nutrition and safety.

RESPONSIBLE HEALTHY LIFESTYLES

Poulson, Larsen, Robinson, Skidmore, 1992
K-6 Curriculum

Basic nutrition concepts, creating healthier lifestyles, and aiding disease prevention.

SCHOOL HEALTH INDEX—ELEMENTARY SCHOOL

U.S. Dept. of Health & Human Services, 2000
K-6 Planning Guide

This is a tool that can help your school assess its physical activity and nutrition policies and programs based on national standards and guidelines, and be used as a part of your School Improvement Plan.

SCIENCE COOKBOOK

Julia Waxter, 1983
K-3 Cookbook

Experiment! Recipes that teach the science of nutrition.

SHOW THE WAY TO 5-A-DAY

Julie Wick, 1993
K-6 Manual

Step by step process of creating a 5-a-day interdisciplinary unit for use with students. Classes complete a four-week set of lessons.

SPORTS NUTRITION FOR THE CHILD ATHLETE

Debbi Sowell Jennings And Suzanne Nelson Steen, 1993
K-6 Book

Addresses common concerns of coaches and parents regarding nutrition needs of exercising children aged 6-12 years.

SUGAR SCIENCE: PHOTOSYNTHESIS TO FOOD

Sugar Association, Inc., 1991
K-8 Computer disk/lesson book

Computer-based science teaching kit designed to fit into current science curriculum and is specifically targeted at children in upper elementary through middle school.

SUPER SNACKS

Jean Warren, 1992
K-6 Book

Cookbook filled with recipes that are easy to prepare using common ingredients and utensils with recipes that require no sugar, honey, or artificial sweeteners and are seasonally appropriate.

TAKE 10

International Life Sciences Institute, 2001
4th Grade Video and Curriculum

This resource will help teachers incorporate physical activity and nutrition education into lessons that address core curriculum activities.

TEACHING KIDS GOOD NUTRITION

National Health Video, Inc., 1993
3-6 Video

Features children discovering healthy snacks, importance of breakfast, easy-to-make nutritious sandwiches, and benefits of good nutrition. Spirited musical soundtrack makes learning easy.

Kindergarten-Grade 6

TEACHING SNACKS

Gayle Bittinger, 1994

K-3 Book

Fun and nutritious snack ideas and recipes with extended learning adventures!

TEXAS 5-A-DAY WEEK PROMOTIONAL KIT

Texas Education Agency, 1996

K-6 Folder

A guide to help schools promote the 5-a-day fruit/vegetable campaign to students, teachers, and parents.

THINGS WE CAN LEARN FROM A COW AND WORM

4-6 Curriculum Guide

Poster that contains science activities centered around what we can learn from a cow and a worm.

TRIP AROUND THE WORLD

Barbara Schaff, Sue Roth, 1993

Intermediate Teacher guide

Provides integrated approach to social studies, language arts, science, math, life skills, art. Use of integration allows planned activities throughout day that lead to cohesive in-depth study.

VEGETABLE MAGIC

C.N.E.T.P. Publications, 1993

K-3 Book

This book is divided into five ways of exploring vegetables with children: Read-a-Story, Grow-a-Plant, Take-a-Trip, Play-a-Game, & Eat-a-Treat. Nutrition tips are included with each section.

YUMMY DESIGNS BEANBAG GAME PACKET

1996

K-6 Game

Provides a wealth of creative, "hands-on" materials for teaching/promoting fruits and vegetables and "Five-A-Day" to young children.

YUMMY FRUIT/VEGETABLE GAME

Yummy Designs

K-6 Game

The game includes 10 colorful Menu Boards, 80 colorful Fruit and Vegetable Cards and a Fruit and Vegetable Lesson book all designed to help teach children the importance of eating more fruits and vegetables.